

MATRIX

GROUP TRAINING
PRODUCT:
BASIC CLEANING
AND MAINTENANCE
CHECKLIST



WELCOME TO MATRIX

Cleaning and performing preventive maintenance extends the life of your equipment and will increase member loyalty by keeping your equipment clean and safe!

The Basic PM Program offers the minimum cleaning and preventive maintenance to keep your equipment looking nice.

There is a Full-Service PM Program available. Visit matrixfitness.com for those instructions.

The following checklists are broken out into tasks designated for facility staff and Matrix-certified technicians. Matrix-certified technician tasks must be performed by a Matrix-certified technician.

Refer to the Approved Cleaners, Disinfectants and Lubricants document prior to performing cleaning or maintenance.

Contact servicetraining@johnsonfit.com for more information.

MATRIX TRAINING CYCLES

Weekly cleaning and maintenance is NOT part of the Basic PM Program however these steps should be performed by a facility staff member.

WEEKLY

Facility Staff Tasks	WEEK																									
Wipe entire frame and shrouds with approved cleaner	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Clean seat and handlebar post	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Visually inspect pedals for tightness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Check battery power level.* If < 350cV, remove and wall charge. 5-Port USB Wall Charger	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52
Test emergency brake	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26
	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52

TRAINING CYCLES

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Clean seat and handlebar post												
Matrix-Certified Technician Tasks												
Visually inspect pedals for tightness												
Test emergency brake												
Ensure crank bolts are tightened to 55Nm												
Check battery power level. If < 350cV, remove and wall charge. 5-Port USB Wall Charger												

S-DRIVE PERFORMANCE TRAINER

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Matrix-Certified Technician Tasks												
Visually inspect running belt for alignment and wear												
Test friction of running deck and belt*												
Test the sled and parachute resistance												

*To test friction, stand ¾ of the way toward the front of the belt. With no resistance, slightly push on the handlebar, pushing you toward the back of the unit. The belt should move you toward the back of the unit. If not and the serial number begins with TM529, apply 50ml of the Matrix recommended silicon. Using any other lubricant can void the warranty and cause damage to the deck and belt.

DO NOT add silicon or any lubrication to models: TM533, TM534, and TM535 (AKA. S-DriveP, S-DriveM, & S-DriveC)

Matrix Silicon: Use only on the running belt with the "Matrix" logo (model: TM529, AKA. S-DPT-01)

Part #: 1000384124 – 100ml (2 applications)

Part #: 1000431357 – 2l (40 applications)

S-FORCE PERFORMANCE TRAINER

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Matrix-Certified Technician Tasks												
Inspect magnet carriages for lubrication*												
Test console												

*To test for lubrication, remove the magnet carriages and feel with your finger if there is lubrication. If dry, apply 3-IN-ONE oil to the leather surfaces covering the magnets. It's recommended to clean and add 3-IN-ONE oil every 6 months or as needed.

ROWERS

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Clean seat and seat rail (including the track) with approved cleaner												
Wipe entire frame and shrouds with approved cleaner												
Matrix-Certified Technician Tasks												
Visually inspect rope and handle												
Test console												

Note: Clean only, do not lubricate rail. It's important to make sure to clean the rail track as well as the top side of the rail. The track is where the seat wheels ride on the rail.



KRANKCYCLE

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and shrouds with approved cleaner												
Matrix-Certified Technician Tasks												
Test console												
Test resistance – if resistance feels sticky or you see red powder below the flywheel, lubricate the resistance/ brake pad*												
Clean and lubricate drive chains every quarter or as needed**	Q1			Q2			Q3			Q4		

*Lubricate the resistance/brake pad with 3-in-One oil as needed.

**Lubricate the chains with Mobil 1 synthetic grease.

CONNEXUS (PERIMETER, FREE-STANDING & COMPACT)

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and accessories with approved cleaner												
Matrix-Certified Technician Tasks												
Ensure unit is secure to the wall and/or floor												
Inspect adjustable pulleys & pull up bars*												
Compact only – ensure med ball target pivots smoothly (grease if needed) and bumpers are not damaged												

*It is not recommended to lubricate the adjustable pulley slides, as there are Teflon sleeves in the adjustable pulleys themselves. The slides can be cleaned with approved cleaner.

CONNEXUS COLUMN

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire unit with approved cleaner												
Matrix-Certified Technician Tasks												
Ensure unit is secure to the wall												
Inspect adjustable pulleys*												
Inspect accessory hangers and clips												

*It is not recommended to lubricate the adjustable pulley slide, as there are Teflon sleeves in the adjustable pulleys themselves. The slide can be cleaned with approved cleaner.

STEP+

The checklists below are basic manufacturer-recommended maintenance beyond the daily cleaning of the equipment.

MONTHLY

Facility Staff Tasks	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Wipe entire frame and balance board with approved cleaner												
Inspect balance board for defects												